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NEWS WORTH SHARING.

HARRY POTTER AND THE ERA OF SOCIAL CHANGE

ONE SCHOLAR EXAMINES THE POLITICS AND VALUES OF THE 'MUGGLE GENERATION' PAGE 9

Consulate tries to free Canucks in Egyptian jail

Doctor and filmmaker nabbed for reasons unknown PAGE 4

Yogi not in a twist over sex assault suits

Business as usual at studio as founder faces five suits PAGE 3

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Transportation Safety Board investigators are expected to arrive at the site of a float-plane crash on the west coast of Vancouver Island that killed two people on Friday. COURTESY AIR NOOTKA

Investigators to arrive at site of deadly crash

Two dead. Professed survivor with grievous injuries tells of the last moments before impact

Investigators with the Transportation Safety Board (TSB) were expected to arrive Monday at the site of a crash on Vancouver Island to try to determine what caused a float plane to go down, killing two of the six people on board.

BC Coroners Service personnel as well as police were forced to hike into the forested area near Tofino on Saturday after air travel was ruled out because of poor weather.

Two people escaped unharmed in Friday's plane crash, and Vancouver Island Health Authority said on the weekend that the other two people are both now in stable condition in hospital.

Police have said there was a pilot and five passengers on the plane that was operated by Air Nootka.

None of the identities have been officially released, but Nanaimo resident John Young, who said he was one of the four survivors, spoke to Global BC on Sunday.

"We started to go down, and the pilot said, 'Mayday!'" Young said.

"I saw a tree looming, and the wing must have hit the tree. Then we hit the ground. I could hear people moaning, and the pilot was yelling 'Open the doors, open the doors!'"

Young is recovering from a shattered sternum, broken ribs, broken clavicle and third-degree burns to his legs. He said a female hiker is also recovering in the hospital, but the pilot died from the resulting flames.

Bill Yearwood with the TSB said the authority is expected to give an update on Tuesday.

THE CANADIAN PRESS

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Arrest made

Homicide team probe hit-and-run

A Lower Mainland man is in custody after a fatal hit-and-run in a Surrey parking lot that witnesses described as intentional.

A 40-year-old Surrey man died in ambulance en route to hospital after being struck by a vehicle in the lot near the Royal Canadian Legion at 106 Avenue and 135A Street just after midnight on Saturday.

Witnesses told police the driver appeared to intentionally hit the man and that he narrowly missed hitting several other people before fleeing the scene, according to a news release from the Integrated Homicide Investigation Team.

Police located and arrested the 32-year-old suspect shortly afterward. His vehicle has been seized. No charges have been laid.

EMILY JACKSON/METRO

No children present

Man charged with indecent act near daycare

A Surrey man has been charged with committing an indecent act and breaching probation after transit police allegedly caught him with his pants down beside a New Westminster playground used by the neighbouring daycare centre.

According to a news release, police noticed the man reclining on a grassy area committing a sexual act near Sapperton SkyTrain Station on Aug. 13 around 6 p.m. The daycare was closed and no children were present, police said. Officers reportedly found tools, crystal meth and marijuana in the man's backpack, despite his probation order not to possess tools or consume drugs or alcohol.

David Paul Mathon, 48, has been released on conditions and is scheduled to appear in court on Aug. 28.

EMILY JACKSON/METRO

Studio owner Christian Betancor Leon and yoga teacher Jacob Lynch demonstrate poses at Bikram Yoga Commercial Drive in Vancouver. Betancor Leon says he hasn't seen a drop in business following allegations of sexual assault and harassment against the founder of the Bikram practice. EMILY JACKSON/METRO

Om: Bikram yogis stay zen as founder hit with five lawsuits

No sweat. While controversy surrounding Bikram Choudhury heats up, devotees stay loyal and focused on their strenuous practice

EMILY JACKSON
emily.jackson@metronews.ca

Yogis are bending, stretching and sweating as usual at Vancouver Bikram studios despite a scandal heating up around the practice's founder.

Five civil lawsuits alleging sexual assault and harassment have been filed against Calcutta-born and California-based Bikram Choudhury, creator of the 26-pose practice in rooms heated to 40.6 C.

None of the allegations have been proven in court, and Choudhury's lawyer has denied them, yet the salacious accusations have rattled a community usually known for its peaceful mantras. Bikram's yoga style has devotees and franchises around the world, including at least 62 in Canada, about a quarter of which are in the Lower Mainland.

But in the city of Lululemon, where there seems to be a yoga studio on every corner, the bad press surrounding Choudhury hasn't had an affect on local business, Bikram Yoga Commercial Drive owner Christian Betancor Leon said.

"Whatever Bikram the man does is not going to affect the yoga one iota. The yoga is pure, it's clean," Betancor Leon said.

Betancor Leon, 38, knows from experience. When he first tried Bikram's yoga style at 25, he was recovering from a broken back and couldn't touch his knees. Now he's in "optimal health."

"I opened my school because I believe in this yoga," he said, joined by a handful of students ready to brave 90 minutes of sweat at his bright studio early Sunday morning.

He's received a few Facebook comments questioning the lawsuits, but he hasn't seen a drop in business. He wasn't surprised, though, that some studios contacted for this article didn't respond to interview requests on the topic.

"There are people that are trying to disassociate from Bikram but still want to profit," he said.

And with membership fees of about $100 per month, it can be a lucrative business.

To use Bikram's name, a studio must franchise with the Bikram Yoga College of India. In 2006, Choudhury told The Guardian he was making millions.

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Consulate working to free Canadians held in Egypt

Arrested Friday.
Men are in good health in prison but cause for detention still unknown

SCOTT TAYLOR
Metro in London, Ont.

Tarek Loubani CONTRIBUTED

John Greyson THE CANADIAN PRESS FILE

It was a weekend of worry for Tarek Loubani's family, left in the dark after the London, Ont., emergency-room doctor was arrested by Cairo police on Friday.

But by late Sunday, the Department of Foreign Affairs had confirmed that their embassy in Cairo is trying to help Loubani and his fellow captive, York University Prof. John Greyson.

"We have heard from Canadian consular services that they managed to visit Tarek Loubani and John Greyson in the Egyptian prison facility," Justin Podur, a mutual friend of the two, posted on his blog.

"(The consulate is) going to go back to the prison (Monday) and they're going to try to get them out," Podur said.

Podur said he has no information about why the two men are being held, but it was much worse when family and friends didn't know anything.

Earlier in the day, Loubani's cousin Hanan Loubani said the family was desperate for information.

"We have no idea how to get in contact with him," the Londoner said. "We're afraid, we're waiting for some sort of answer."

"He went down there to offer aid," Hanan said. "He usually goes to Gaza every three months through the Rafah border in Egypt, but this time it was closed. And Egypt's treatment of Palestinians lately has not been the best."

Loubani, who came to Canada as a refugee from Palestine, was on his way to Gaza as part of an ongoing collaboration between Western University and Al-Shifa Hospital.

Greyson was tagging along as a filmmaker to do some exploratory work.

WITH FILES FROM TORSTAR NEWS SERVICE

A friend of Ammar Badie, the son of the Muslim Brotherhood's spiritual leader Mohammed Badie, who was killed Friday by Egyptian security forces during clashes in Ramses Square, cries while attending Ammar's burial in Cairo on Sunday. MANU BRABO/THE ASSOCIATED PRESS

Reports differ in death of 36 prisoners

Security forces fired tear gas at a prison truck in Egypt Sunday in an attempt to free a police officer from rioting detainees, killing at least 36 suspects rounded up during street clashes between Islamist supporters of the country's ousted president and police, officials said.

The killed detainees were part of a prison truck convoy of some 600 people heading to Abu Zaabal prison in northern Egypt, officials told The Associated Press. Detainees in one of the trucks rioted Sunday night and managed to capture a police officer inside, the officials said.

Security forces fired tear gas into the truck in hopes of freeing the badly beaten officer, the officials said. They said those killed died from suffocating on the gas.

However, the officials' version of events contradicted state media reports. The official website of Egyptian state television reported that the deaths took place after security forces clashed with militants near the prison and detainees came under fire while trying to escape. The official MENA state news agency also said the trucks came under attack from gunmen.

THE CANADIAN PRESS

Code name 'Loki'

Military tests secret stealth snowmobile

The Canadian military has been secretly test-driving a $620,000 stealth snowmobile in its quest to quietly whisk troops on clandestine operations in the Arctic.

Soldiers have tested the new hybrid-electric prototype for speed, noise level, battery endurance and acceleration.

The Department of National Defence even has a nickname for it: "Loki," after the "mythological Norse shape-shifting god."

One Arctic-policy expert questioned whether the move is money well-spent.

"I don't see a whole lot of evidence that criminals and terrorists are scooting around Canada's North on snowmobiles and that we have to sneak up on them," said Michael Byers, a former federal NDP candidate who teaches international law at the University of British Columbia. THE CANADIAN PRESS

Investigation or no?

Cops mum on story that Ford allies are seeking crack video

Toronto police aren't commenting on a report that they are investigating attempts by associates of Mayor Rob Ford to obtain an alleged video purportedly showing him smoking crack cocaine.

The mayor hasn't commented either; however, his brother, Coun. Doug Ford, has denounced the Torstar News Service report as "just another attack."

Torstar News Service quotes a witness as saying an occasional driver and security guard for the mayor, Alexander Lisi, visited a group of known drug dealers and asked about the whereabouts of the people who made the alleged video.

The story says the mayor's logistics director, David Price, was making calls inquiring about the video's whereabouts. THE CANADIAN PRESS

Canadian Bar Association

'Abysmal' access to justice hurts us all, says new report

Access to justice in Canada is being described as "abysmal" in a new report from the Canadian Bar Association, which also calls for much more than "quick fix" solutions.

The summary report says there is profoundly unequal access to justice in Canada.

"Inaccessible justice costs us all but visits its harshest consequences on the poorest people in our communities," says the report.

Author Melina Buckley says one of the biggest concerns is the growing number of people who represent themselves in civil cases. Buckley says many people earn just enough money so they don't qualify for legal aid but also don't make enough for a lawyer. Those people often find themselves on their own in court, she says. THE CANADIAN PRESS

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Twitter tests out tie-in to trending television shows

Social TV. Some mobile users report seeing new banners that highlight talked-about programs

If you're not sure what to watch on television, don't worry — Twitter wants to help. Some Twitter users saw a new banner stuck at the top of their newsfeeds last week when browsing the site on mobile devices.

The new banners are designed to feature a TV show that's trending on Twitter, meaning that a lot of people are talking about it. The banner includes information about how many people have mentioned it in their tweets, what time the show airs and on which network, and makes it easy for users to figure out how to participate in the conversation or tweet at a show's stars.

Twitter user ASG posted a screenshot of a new banner that appeared on his newsfeed. TORSTAR NEWS SERVICE

It's the latest attempt by the social-media website to make watching TV a social pursuit and convince people to tune into live TV by making them feel as if they're missing out on something.

Watch and tweet

- Twitter has been working on building a relationship between TV watching and tweeting, and argues there is a connection between how many people tweet about a show and how many tune in.

It's more than just telling people what's on, it's also suggesting what people might like.

Twitter tries out a number of experiments on small numbers of users and wouldn't comment on this specific test. "We're always looking for ways to make watching TV along with Twitter more fun and more engaging," said Twitter spokeswoman Rachael Horwitz. TORSTAR NEWS SERVICE

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GRIND DOESN'T SEEM DANGEROUS

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

There I was ascending the Grouse Grind, recently hailed as the world's fifth most dangerous hike by no less an authority than Outside magazine.

It was tough. Up one steep stair after another, winding my way up the three-kilometre trail, its 850-metre elevation gain, and its 30 per cent grade, sweating profusely. Could I make it to the top of the mountain?

I stopped to catch my breath and might have quit altogether when I was passed by a giggling herd of gum-snapping teenage girls frolicking up the trail like mountain goats in flip-flops.

Then came an old guy with a walker accompanied by his trusty Pomeranian, and I thought to myself, by George, if the Pomeranian can do it, so can I. So I continued up the ascent along with the 6,000 other people who brave the world's fifth most dangerous trail on any given Saturday.

Wait a minute. Was this the April Fools' edition of Outside magazine? When you compare the Grind to the other epic trails in the top-10 list, you have to wonder.

I mean, the Grind has its moments. It is strenuous, and once you're on it, it's harder to go back down than it is to keep going up. But it's like 90 minutes on the Stairmaster set at 10. Tough, but hardly Mount Hua Shan in China, where 100 people fall to their deaths every year, or the Maze in Utah, subject of the James Franco movie 127 Hours, in which the hero has to cut his arm off to escape from the trail.

Or the Hike of Death, no further explanation required, in Peru.

Those other hikes actually look dangerous on the magazine's website, whereas the photographer had to work hard to make the Grind look death-defying. I mean, take a look at the world's 10th most dangerous hike, El Caminito del Rey in Spain, where people hang off a narrow little ledge, below which lurks the Void. Now that's a dangerous hike.

Meanwhile, back at the Grind, some kid just did it 16 times in 20 hours. I'd like to see him do the El Caminito del Rey 16 times in 20 days.

I knew things were bad in the magazine business, but not that bad. Obviously they've laid off all their fact checkers at Outside magazine and are relying on Bert, a local couch potato who heard from his cousin Ernie that the Grind was a grind, dude.

It makes you wonder about the value of any of those world-class rankings to which magazines are addicted, mainly because they know the local media can't resist reporting on them because though we really would like to be the best, biggest, most dangerous what-not, we harbour just the slightest suspicion that we aren't.

So, old guy, pick up your lapdog and get out of my way. This is dangerous work.

Making sense of top-10 lists is an uphill battle

When you compare the Grind to the other epic trails in the top-10 list, you have to wonder.

ZOOM

Here comes the shock wave

ZAK NOYLE/A-FRAME

Garbage mars surfing photo

This is hardly a surfer's paradise. The startling image shows pro surfer Dede Suryana braving a trash-infested wave in Indonesia. Zak Noyle, a staff photographer for Surfer Magazine based in Honolulu, Hawaii, took the picture at a remote location in south Java, an area usually noted for its crystal-clear waters. **METRO**

Q and A

'A wake-up call for all of us'

ZAK NOYLE
Staff photographer for Surfer Magazine, 28, from Honolulu, Hawaii

What was the wave like?
There were food wrappers, tree branches, even soccer balls. It was like being inside a washing machine of trash.

Did all the debris make the photo difficult to take?
Yes — there were tree trunks the size of a car that we had to push through before Dede could go on and surf.

How did seeing the polluted water make you feel?
Very sad. There was so much trash that the four of us had no chance of cleaning it up ourselves. These waters are normally pristine so I was shocked to see this.

Others may indeed share the same sentiment ...
Absolutely. As a photographer, I want to be able to spark awareness in people's minds. I hope this photo will be a wake-up call for all of us to keep our oceans clean.

Worth mentioning

New Lego robots excite techies in Silicon Valley

A robotic Lego Mindstorms unit gathers cardboard rolls in Stanford, Calif. THE ASSOCIATED PRESS

Few are more excited about Lego's new Mindstorms sets rolling out next month than Silicon Valley engineers.

Many of them were drawn to the tech sector by the flagship kits that came on the market in 1998, introducing computerized movement to the traditional snap-together toy blocks and allowing the young innovators to build their first robots. Now, 15 years later, those robot geeks are entrepreneurs and designers, and the colourful plastic bricks have an outsized influence in their lives.

Techies tinker at Lego play stations in workplaces. Engineers mentor competitive Lego League teams. Designers use them to mock up larger projects ideas. And executives stand Lego creations on their desks alongside family photos.

"Everyone I work with played with them as children. We sit around talking Lego. It's a shared common experience," said Travis Schuh, who reaches into his bin of plastic blocks when he needs a quick prototype at the Silicon Valley medical robotic firm where he works.

The new Mindstorms sets, designed for kids over 10, are simpler for the younger crowd and more versatile for sophisticated users than two earlier versions.

THE ASSOCIATED PRESS

Comments

RE: Tim's Needs Lid Adjustment: Customer Grumbles, published Aug. 15

I noticed too that the drippy seam is a problem, where the seam meets the lid. But the lid still leaks while carrying. They used to fill your own mug, until they started selling their own mugs (by mug I mean those insulated travel mugs). Perhaps the leaky cup is designed to leak.
ijdfc posted to metronews.ca

For the most popular, wealthiest coffee chain in this country, I tend to agree that all flaps and seams aside, you would think after 25 years they would invest in a more professional, travel-friendly lid system.

Where the heck was I.... Subway, I think, had a simple turn-based coffee-cup lid that turns a small second layer to cover the opening and seals with just the tightest seal on the cup.
Facilalilaty posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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The Harry Potter generation

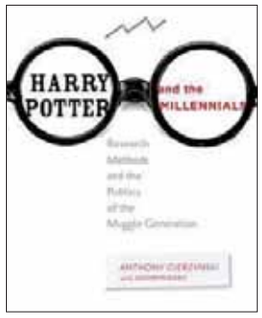
Mindful muggles.
Scholar takes a look at how the famous series shaped Millennials who have adopted some of the positive lessons from the story

BAPTISTE
BARBE
Metro World News

Children wait outside Waterstones book shop, Europe's largest bookstore, for the launch of Harry Potter and the Order of the Phoenix on June 20, 2003 in London. GETTY IMAGES

Political science professor Anthony Gierzynski has analyzed the influence of Harry Potter on youngsters in the United States. Here a few thoughts from the author of Harry Potter and the Millennials: Research Methods and the Politics of the Muggle Generation.

You wrote three books about U.S. politics. How did you get the idea of mixing your previous studies with the Harry Potter phenomenon?
I have long had an interest in, and speculated about the role of entertainment media in politics, sparked by movies like Do the Right Thing, Star Wars, Independence Day and movies portraying the U.S. President as an action hero in the 1990s, the portrayal of politicians in movies and TV (which is nearly universally negative), the different Star Trek series, and, more recently Battlestar Gallactica (which is rich with politics), and so on. And, I have had many conversations with my students about the subject and ultimately decided to design a class whose purpose would be to investigate entertainment media effects. The first few semesters of the class we ran experiments, conducted surveys, and collected qualitative data on the effects



of entertainment media such as Star Wars, The Simpsons and South Park, and overall TV viewing habits (some of that research is reported in this book), before doing the Potter research.

I also guess you read the books and watched the movies. Have you been influenced by this kind of phenomenon at your time (Star Wars, etc)?
I am a fan of Harry Potter, but I am a Gen Xer, not a Millennial, so other entertainment media that I was exposed to in my formative years — yes, Star Wars, the Lord of the Rings books, Saturday Night Live, and Star Trek were the main sources of entertainment media influences for my political socialization.

One the main points of your book is that you chose people who grew up with the characters over a long period (10-15 years). Thus, you note that the Millennials read it during their most politically vulnerable and formative years. Your study shows that fans have transposed some lessons\values from the series (equality, tolerance, commitment, loyalty, diversity, anti-violence\anti-torture) into their real life. Can you tell us more about these observations?
The key thing is that, while the Potter series was a story designed to entertain, the nature of the story (and indeed any story) is that the characters learn certain lessons as the plot moves along and exhibit certain characteristics. As we become immersed in the story and identify with characters we tend to internalize those lessons and sometimes adopt those characteristics for our own. So, Harry and his friends evince an aversion to violence, fight for tolerance and equality and oppose oppressive authority and we found fans had similar traits on those very attitudes.

Could Harry Potter keep continuing to have this kind of impact — for example, Star Wars is still popular many decades after the first movie?
Possibly — I still have students who are Potter fans. The next generation, however, may adopt a different entertainment phenomenon.

Will there be another study in the future in order to go further? Do you want to keep working on this subject?
Yes. At the end of the book I have a website address for readers to tell me their stories about Harry Potter or any other entertainment sources and their political effects in order to gather more qualitative data to see whether there is additional support. I am also working on other research projects on entertainment media effects that utilize experimental designs that can establish causal relationships. I will be submitting to a journal this fall a paper I presented at a political science conference that looks at how villains of science fiction, fantasy and superhero genres affect views about criminal justice and terrorism policy.

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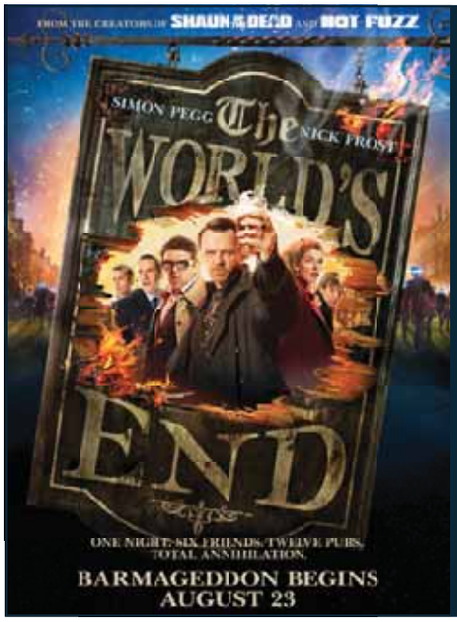
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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Bynes moves facilities for better psychiatric care: Source

Amanda Bynes has been moved from the psychiatric unit in Ventura County, north of Los Angeles, where she's spent the last two weeks and has been admitted to the UCLA psychiatric facility — and she's expected to stay there for at least two months, according to Radar Online. "Amanda needed specialized medical attention that she wasn't getting," a source explains. "It's expected that Amanda will remain at UCLA for the next two months because she has very complex mental health issues that need to be dealt with. It will also take a significant chunk of time to get Amanda ... on several prescriptions for her condition — and to make sure it's working properly." **METRO WORLD NEWS**

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Water safety

Drowning risk highest on hot days

In books and movies, drownings almost always seem to occur in bad weather. But the perception isn't actually accurate, a new study suggests.

The work, by researchers from the University of Toronto and Sunnybrook Health Sciences Centre, says the risk of drowning outdoors is nearly 70 per cent higher on days when the mercury climbs to 30 C or above.

Lead author Dr. Michael Fralick and his co-authors drew data from records on 1,243 drownings recorded by Ontario's Office of the Chief Coroner. The deaths took place in the province between 1999 and 2009.

Most of the drownings took place during the summer months. And most of the people who drown did so while taking part in recreational activities.

In the vast majority of cases, personal flotation devices were not used. They were either not present (80 per cent of cases) or not worn (11 per cent of cases). Most of the drownings took place in open water. THE CANADIAN PRESS

Exclusively Online

Read comedic (mis)adventures of parenthood online, with a glass in hand, with Reasons Mommy Drinks at metronews.ca/voices

The business of being mom

Opting out. Many women who decided to stay at home with their kids may have actually sharpened their business skills

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Ten years ago the phrase "opting out", became a part of the lexicon, due mostly to a New York Times op-ed piece called The Opt-Out Revolution.

Written by Lisa Belkin, it was about the growing trend of women dropping out of high powered careers in order to stay at home with their families.

Flash-forward a decade, and many of these women are finding themselves in a position, often but not limited to personal finance challenges, to want to opt back in to the work force.

But how can they update their skills and subsequently their resumé after having missed out on arguably the biggest changes in "work" during this fast forward technology driven 10-year period?

Being home with the kids may actually improve some of your business skills. ISTOCK

While being at home with the kids likely won't replace the skills and knowledge gained by working corporately, I would argue that it could actually hone the following handy talents:

Time management
Moms are pros at executing work schedules which will have kids dressed, fed, and on the soccer field on time.

Project management
Having milestones come together to complete a business objective is literally child's play after mastering the art of changing a baby's diaper while disciplining a preschooler and supervising homework.

Crisis management
If dealing with the aftermath of baby's first smoked fish meal, a faulty diaper and an ill-timed mommy and me swimming class don't constitute a "crisis", I don't know what does.

Risk management
Making a decision guaranteed to be unpopular with at least one of your children while minimizing the inherent risk of a total meltdown is a pure mom talent.

Financial management
When one income is eliminated to stay at home with the kids, the expenses associated with raising said children increase at approximately the same ascending rate. From diapers to school trips, "indoor runners," hockey equipment and other assorted sundries, managing the finances and determining a return on investment for your family sharpens mom's budgeting skills daily.

The best news? The steepest learning curve for many has been social media. The explosion of mommy blogs happened around the same time as the opting out began, and this educated, driven, and ambitious demographic is one of the savviest when it comes to using Twitter, Facebook and Pinterest.

Instead of dismissing a Tweet about an explosive bowel movement by "just" a mommy blogger, it's really an insight into containment strategy from a communications expert.

KATHY BUCKWORTH'S LATEST BOOK I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS IS AVAILABLE EVERYWHERE FROM RANDOM HOUSE, AND HAS RECENTLY BEEN OPTIONED BY WARNER BROTHERS TELEVISION.

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Infuse culture into Pulled Chicken with Asian flavours

This recipe serves four to six people. DAIRY FARMERS OF CANADA

1. Preheat a grill or a skillet to medium. In a bowl, mix barbecue sauce, miso and five-spice powder until well combined.

2. Prepare vegetables: chop green onion, cut snow peas into strips and thinly slice lettuce or Chinese cabbage.

3. Use a large spoonful of sauce to coat the chicken and reserve the remaining sauce. Cook chicken on the grill for 12 to 15 minutes, or in a skillet for 6 to 8 minutes, until thoroughly cooked. Let cool. Meanwhile, add green onion and snow peas to remaining sauce.

4. Shred chicken and add to sauce.

5. Open hamburger buns, place cheese on bottom halves and heat on grill or skillet.

6. Divide mixture among buns and garnish with Gouda and lettuce or Chinese cabbage.

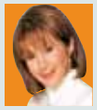
DAIRY FARMERS OF CANADA (FAMILYKITCHEN.CA)

Ingredients

- 1/4 cup (60 ml) barbecue sauce
- 1 1/2 tsp (7 ml) miso
- 1/4 tsp (1 ml) Chinese five-spice powder
- 1 green onion, chopped
- 1/2 cup (125 ml) snow peas, cut into strips
- 1 cup (250 ml) lettuce or Chinese cabbage, thinly sliced
- 6 boneless, skinless chicken thighs
- 4 to 6 whole wheat or multi-grain hamburger buns
- 4 to 6 slices of Canadian Gouda

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Baskin Robbins incorporates your fave snacks into cool treats but watch out for sugar, fat and calories! (Nutritional info taken from American site as Canadian not available). PHOTOS: MIKE MCCOLL, FROM ROSE REISMAN'S CHOOSE IT AND LOSE IT (WHITECAP BOOKS)

Reese's Peanut Butter Cups Sundae (12 oz/340 g)

1,220 calories/80 grams fat/92 grams sugar

Layers of Praline 'n' cream ice cream, Reese's Peanut Butter Sauce and Reese's Peanut Butter Cups equals major calories, fat and sugar.

Equivalent

1 Reese's Peanut Butter Cups Sundae from Baskin Robbins is equal in fat to 10 Dairy Queen small chocolate soft serve ice creams.

Reese's Peanut Butter Cup 31 Below (12 oz/340 g)

640 calories/ 29 grams fat/ 78 grams sugar

Soft serve ice cream cuts back the calories and fat big time!

Lunch. Toasted Parmesan Tomato Bread

1. Heat the oven to broil.

2. In a small, sturdy bowl, combine the garlic, rosemary, olive oil, salt and black pepper, to taste. Mix well, then use the back of a heavy spoon to mash the garlic and rosemary together to form a paste. This also can be done using a mortar and pestle, or a mini food processor. The rosemary won't mash well; this is fine.

3. Spread a quarter of the mixture over one side of each slice of bread.

4. Slice 2 thick slabs out of the centre of each tomato. Reserve the tops and bottoms of the tomatoes for another use. Set 2 slabs over each piece of bread. Shave some of the Parmesan over the tomatoes on each slice. Set the assembled bread on a baking sheet and broil on the oven's middle rack until the cheese is just starting the brown, about 2 to 3 minutes. Serve.

THE ASSOCIATED PRESS

Ingredients

- 4 cloves garlic, minced
- 1 large sprig fresh rosemary, finely chopped
- 1/4 cup olive oil
- 1/2 tbsp kosher salt
- Ground black pepper
- 4 large, thick slices sour dough bread
- 4 large tomatoes
- 3 oz Parmesan cheese

Encouraging at-home expletives? I swear this mother is being serious

Kids say the damndest things. Windsor author tells parents why this unspeakable language is important to learn

LUKE SIMCOE
Metro Online

When Kim Lunansky was growing up she got the proverbial soap treatment if she was caught swearing, but now that she has kids of her own she prefers to wash their mouths out with common sense.

The Windsor-based author lets her three children, aged five to 13, swear at home and has spent many nights talking with them about the uses and abuses of language.

"My husband doesn't think you should let your kids swear at all, but I'm kind of the opposite," she said. "You need to teach them what words mean, and they need a safe space to learn to use that vocabulary appropriately."

Lunansky has written a book about her adventures in adolescent cussing, appropriately entitled How to Teach Your Kids to Swear. More of a treatise than a how-to guide, the book chronicles her attempts to teach her kids to consider things like audience and context before dropping an F-bomb.

"It's a lot like teaching your kids how to dress," she said. "You wouldn't let them go to a wedding wearing short jean shorts and a tube top."

Lunansky's rule of thumb is that it's OK to swear so long as it's not going to offend anyone within earshot.

Should we take the fear out of foul language? ISTOCK

"We've come to a place in our language where swearing is pretty common," she said. "So if one of my kids comes home and says they had a s—y day at school, I'm not going to go off the deep end about it. Maybe they had a bad day."

There are moments where Lunansky is less forgiving, like the time her son — upset after his sister dressed up his Star Wars figures like Barbie dolls — interrupted a Christmas meal with a diatribe fit for a sailor.

"He was just stringing cuss words together," she said. "I don't even think it made sense."

After excusing herself from a table full of slack-jawed relatives, Lunansky took her son aside, gave him a time out and tried to impress upon him that swearing in front of extended family might not be the best idea.

Lunansky admits her approach is controversial, but says it's an improvement over simply making swear words verboten.

"If you make something taboo, it attracts kids like a magnet," she said. "It creates a cycle where maybe they won't do it in front of you, but they'll do it everywhere else to see how people react."

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‘Lights out’ D bails out B.C. in slugfest

CFL. Lions overcome offensive slump to cool off red-hot Stampeders at BC Place

CAM TUCKER
cam.tucker@metronews.ca

Lions quarterback Travis Lulay completes a touchdown pass to Andrew Harris while under pressure from the Stamps’ Keon Raymond during the first half in Vancouver on Saturday. DARRYL DYCK/THE CANADIAN PRESS

It wasn’t just another game.

The B.C. Lions defeated their West Division rivals, the Calgary Stampeders, by a score of 26-22 in a slugfest at BC Place Stadium.

Well-documented beatings at the hands of the Stamps in last year’s West final and again in Week 1 of this season put the onus squarely on the Lions to redeem themselves Saturday at home.

The Leos got a good measure of that, although it isn’t yet enough to make up for last year’s playoff disaster.

At the forefront was a charged-up B.C. defence that kept Calgary quarterback Kevin Glenn to just 199 yards passing and running back Jon Cornish to 73 yards rushing.

“I think there’s always something to prove every week,” said Lions defensive back Ryan Phillips.

“If we’re not at the top there’s going to be criticism. And there’s going to be criticism about maybe if we’re getting older; there’s always criticism about if we’re losing our aggression as a defence, or our offence maybe not be clicking right away. But at the end of the day, it’s about positive results and getting wins and that’s what you build off of.”

Proving they belong

“If we’re not at the top there’s going to be criticism.... But at the end of the day, it’s about positive results.”

Lions defensive back Ryan Phillips on a big B.C. win versus Calgary

The Lions offence, which came out on fire, scoring a touchdown on its opening drive for the first time this season, cooled off as the evening progressed.

Travis Lulay threw three interceptions — he owned up to the first one, while head coach Mike Benevides took responsibility for the play calls that led to the other two — and Andrew Harris had a fumble.

A 97-yard kickoff return for a touchdown from Tim Brown proved to be the difference in what ultimately became an arduous defensive struggle.

“Those guys played lights out,” said Lulay of the Lions defence.

MLS

Missed chances plague Whitecaps in loss to Rapids

It’s a problem the Vancouver Whitecaps dealt with early on in the 2013 Major League Soccer season, and it reared itself again over the weekend.

The team dropped a 2-0 decision on the road to the Colorado Rapids on Saturday, falling from second in the Western Conference standings back to the fifth and final playoff position.

Playing in the high altitude of Denver, the Whitecaps had their opportunities to score and couldn’t.

“We had a few chances in the first half but that final pass just wasn’t good enough on maybe three or four occasions,” said Whitecaps striker Kenny Miller.

CAM TUCKER/METRO

MLB

Lobaton sends Jays home in 10th

Jose Lobaton hit a solo home run in the 10th inning and the Rays beat the Toronto Blue Jays 2-1 on Sunday. He also had a game-ending triple in the ninth Friday.

“It’s different,” Lobaton said. “Walk-off triple, that was amazing. Walk-off homer, run the bases like that, is unbelievable.”

Jays right-hander Todd Redmond, of St. Petersburg, Fla., gave up one run and six hits over six-plus innings.

THE ASSOCIATED PRESS

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Horoscopes

♈ Aries
March 21 - April 20
Something you see or hear today will shock you but if you dig a little deeper you may find it is not nearly as outrageous as you first thought.

♉ Taurus
April 21 - May 21
Whatever you are working on, personally or professionally, you must be free to do it your own way and at your own speed. Anyone who tries to interfere must be told quickly to mind their own business.

♊ Gemini
May 22 - June 21
You have your own way of doing things and you have no intention of changing just to please other people. In fact, if someone tries to tell you what to do today you will no doubt delight in doing the opposite!

♋ Cancer
June 22 - July 23
Do something different as the new week begins, something that makes the world around you sit up and take notice. Cancer is a cardinal sign and therefore born to achieve things.

♌ Leo
July 24 - Aug. 23
If old methods and routines are getting you nowhere by all means try something different. It may be hard, at first, stepping outside your comfort zone.

♍ Virgo
Aug. 24 - Sept. 23
Everything you say will be taken seriously today, even when it should be obvious that your tongue is very firmly in your cheek. With that thought in mind be careful what comes out of your mouth.

♎ Libra
Sept. 24 - Oct. 23
You have the knack of seeing things which other people have managed to miss and if you are smart you can use it to make some serious money over the next few days.

♏ Scorpio
Oct. 24 - Nov. 22
Ignore deadlines and rules and do things at your own speed and for your own enjoyment. Who is going to complain? You'll be a law unto yourself during the early part of the week.

♐ Sagittarius
Nov. 23 - Dec. 21
As usual your ideas seem to be opposed to what most other people think and, as usual, you are right and they are wrong. That may not, of course, be true but you believe it with such conviction it doesn't matter!

♑ Capricorn
Dec. 22 - Jan. 20
You may feel strongly about a certain issue but that does not mean you can just ignore what other people say if their views and your views do not coincide.

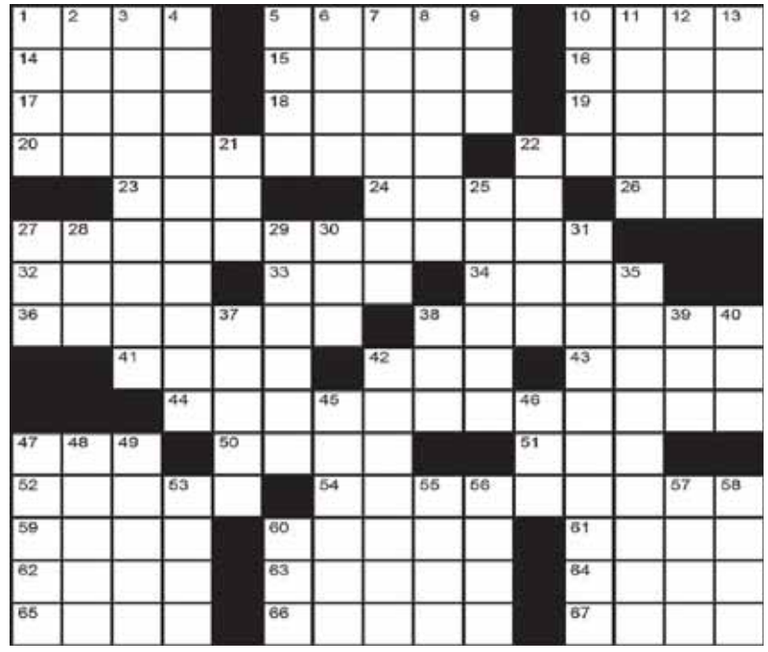
♒ Aquarius
Jan. 21 - Feb. 19
Don't waste time on idle gossip as the new week begins as there are far more important issues you should be dealing with. On the work front, especially, sudden changes may lead to new opportunities.

♓ Pisces
Feb. 20 - March 20
Someone close will say or do something completely unexpected today and to begin with you may not know how to react. They may surprise you, they may even annoy you, but you have to admit they caught you out big time. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

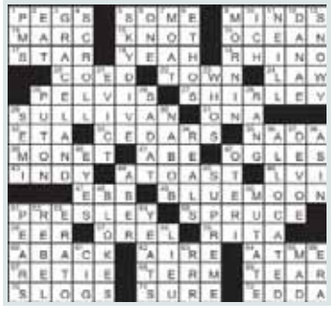
BY KELLY ANN BUCHANAN



Across
1. Ran, as clothes colours
5. Clean the kitchen floor again
10. Stinging bug
14. 1971 Neil Diamond hit: "_ __... _ Said"
15. Doing quite well at
16. Mom in For Better or For Worse
17. Wisecrack, variantly
18. Puccini opera
19. Wing-shaped
20. How early auditions are sung on "American Idol": 2 wds.
22. Spruce __, Alberta
23. Glamorous getaway
24. Mont Blanc, par exemple
26. Cowboy singer Mr. Ritter
27. Car manufacturing factory feature: 2 wds.
32. Movie genre, Film __
33. Three-toed sloths
34. "America's __ Top Model"
36. Like shoes to match bridesmaid outfits
38. With time __ (In no hurry): 2 wds.
41. Earth's crust's upper layer
42. 'Tutor' suffix
43. Physical activity, for short
44. Bridezilla's aspiration: 2 wds.
47. Golfing norm
50. Engrave
51. Red carpet walker, e.g.
52. Contests of ancient Greece
54. City in BC
59. Joni Mitchell album
60. Dancing garbs
61. Shakespeare villain
62. Establishment's emblem
63. Try something out: 2 wds.
64. Burden
65. __ Sound, ON
66. __-Bismol
67. Tidy

Down
1. "It's not that __ _ deal really."
2. Secular
3. Sites for political asylum seekers sometimes
4. WWII: Military operation of August 19th, 1942: 2 wds.
5. Pace
6. Environmental sci.
7. Loses
8. Available, as a physician: 2 wds.
9. Tiger Woods org.
10. Wash-and-__
11. Dispense
12. Great __ Lake, in NWT
13. Heat-resistant glassware
21. Ms. Anderson, to pals
22. Dance legend Mr. Kelly's
25. Grounded-up-corn mixture
27. Moreover
28. Type of milk or sauce [var. sp.]
29. The National __ of Canada
30. Don't truth-tell
31. Organized journey with a purpose
35. Type of aircraft: 2 wds.
37. Unmasks
38. Spotted, to Tweety Bird
39. Stimpy's cartoon co-star
40. Unit of work
42. Revered architect of ancient Egypt
45. Make a blaming claim
46. Gladiator's 506
47. Art's Mr. Picasso (b.1881 - d.1973)
48. Radiant
49. Red: French
53. City light
55. Give up
56. "Would you like __ __ get you anything?" (Group-to-person query)
57. Water: Spanish
58. The bulk
60. Rapper Mr. Shakur, for short

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1	3				7		2	8
4	9			1	3			5
				2		9		
	1				6	5	9	
		6	5		8	2		
	2	9	1				8	
		4		8				
2			6	4			5	3
9	6		7				4	2

Friday's Sudoku

8	5	3	7	4	1	9	6	2
9	7	4	2	5	6	1	8	3
2	1	6	3	8	9	4	5	7
3	9	1	5	2	7	6	4	8
7	6	2	4	9	8	5	3	1
5	4	8	1	6	3	7	2	9
1	8	7	6	3	4	2	9	5
4	2	9	8	7	5	3	1	6
6	3	5	9	1	2	8	7	4

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